

# MENSTRUAL CYCLE RECORD

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

S: Spotting

B: Bleeding

# Menstrual Cycle Record

Keep a record of your monthly periods on the other side. Mark “S” for spotting or “B” for bleeding on each day you do one or the other. Bring your menstrual cycle record with you when you come to the clinic or see your health care provider.

The timing of a pap test is important. Your appointment should be two weeks after your period starts. Do not put anything in your vagina for at least 48 hours (two days) before your appointment (do not douche, have sex, or use medication, foam, cream, jelly, or a diaphragm).

Please call the clinic if you need to cancel your appointment.

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